



# *San Bernardino County Women's Network*

## *October 2007 Meeting*

### *Stress Less for Success*

Are you agitated, irritable, short-tempered, forgetful, moody, sleep-deprived, nervous, and unsteady? 60 to 90% of all doctors' visits are stress related. Its impact on healthcare costs is tremendous; \$200 billion annually in the U.S. alone. You owe it to yourself, your family, your employer, and your community to be proactive in reducing stress.

In this fun program, you will learn quick and easy stress reduction techniques you can do anywhere. Improve your quality of life as well as your bottom-line results by learning how to handle stress before it handles you!

Debbie Barnett has been featured on Dallas' NBC5 morning news, and NBC5's 2002 HealthFit Expo with Danny Bonaduce and Mario Lopez of the syndicated TV show "The Other Half".



**October 17, 2007**

11:30 am to 1:00 pm

San Bernardino Public Employees Association (SBPEA)  
433 North Sierra Way, San Bernardino



### **Lunch**

You may bring lunch or purchase a lunch provided by **La Copa Express**

**Option A:** 6" turkey sub and chips \$6.00

**Option B:** Grilled chicken salad, choice of dressing \$6.00

**Option C:** Chile Verde Burrito (Chile Verde, Rice and Beans) and chips \$5.00

**Option D:** Vegetarian Burrito (beans, rice and cheese) \$2.25

Send check, made payable to CWN, to: 0460 – Probation, Attn: Marlene Goodell

Or send via U.S. Mail to: Probation Department, Attn: Marlene Goodell

175 West 5<sup>th</sup> Street, San Bernardino, CA 92415-0460

**Payment must be received by Marlene no later than Friday, October 12th**

Guests are welcome with a \$5 guest fee.

**To Guarantee Enough Seating You and Your Guest Must Register For This Meeting  
No Later Than Wednesday, October 10th**

Please use one of the below links to our electronic registration sites:

Intranet: <http://countyline/>

Internet: <http://www.sbcounty.gov/cwn/>

Those of you without intranet/internet access may RSVP by e-mail to [mgoodell@prob.sbcounty.gov](mailto:mgoodell@prob.sbcounty.gov)  
or call Marlene Goodell at (909) 387-5982.